



Let the Season Begin!



The 2016 RDYSL season doesn't begin until the second week of May.....That's **plenty** of time to get my team prepared for the first game of the season.....or so we might think! The month of May will be upon us in no time and it's your task as the coach to see that your team is as ready as you can possibly be before the first game.

Don't panic, it's true, there is a lot to cover and so little time to get it all done. However, with some good planning and preparation on your part, you will be fine. There is an old saying "practice makes permanent" which is why it is so important to know how many practices you will have before that first game. I've always said "good decisions start with accurate information" and for this reason, I have put together a little "time table" that will help for you to know how many practices you will have before that first game. The "time table", in addition to the "start of the season check list" as well as your "age group curriculum document" are all coaching resources/tools that will lead you in the right direction to getting the team prepared for that first game in May.

Practice Time Table

Number of Practices Per Week	Total Number of Practices before 1 st game
1 practice per week	22 total practice opportunities
2 practices per week	44 practice opportunities
3 practices per week	66 practice opportunities
1 practice per week with <u>1</u> additional practice <u>every other week</u>	33 practice opportunities
*This table is based on a 12/1/15 start date and assuming the first game of the season is 5/16/2016 which is 22 weeks of training time opportunities.	December (4), January (4), February (4), March (4), April (4), May (2) = # of weeks in each month to train before first game.